

PRIME TIME NEWS

August 2010

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

THE MEMORY ACADEMY

What is "empowered aging"? Find out how the Memory Academy can keep you strong, sharp and independent with Diane Norhr, winner of the 2009 Mind Alert Award for innovative mental fitness programming.

When: Friday, August 13

Time: 1:00 p.m.

Where: TBA



LIPREADING

Ever miss the punch line of a joke? Know anyone who is having trouble hearing jokes clearly? Our social enjoyment suffers when we are hard of hearing, but we are lucky to have Audiologist Ellen Mastman, MA, CCC/Aud FAAA, who will give you some tips that will keep everyone laughing together.

Date: Tuesday, August 17

Time: 1:00 p.m.

Location: TBA

CONNECTING WITH ALZHEIMER'S

Join Dr. Judith London to learn about an approach that will allow friends, relatives and caretakers to reconnect with the alive hearts and minds of people with Alzheimer's Disease.

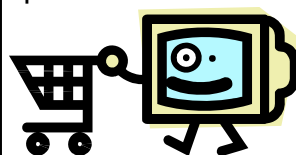
When: Thursday, August 19

Time: 1:00 p.m.

Where: TBA

ONLINE SHOPPING

Being able to purchase items on the internet has completely transformed shopping. You will learn the ins and outs of online shopping, how to make it even easier, how to find the best prices, common shopping sites and more by joining Monica Lipscomb for this workshop. **PREREQUISITE: YOU MUST HAVE BASIC COMPUTER SKILLS.** Sign up early as space is limited.



When: Thursday, August 26

Time: 1:00 p.m.

Where: Technology Room

WORKSHOPS